

## Tobacco Free Florida offers a number of free resources to help tobacco users quit.

- These services are available at no cost to tobacco users who are ready to make a quit attempt.
- However you decide to seek help, you will receive proactive coaching sessions, self-help materials and free nicotine replacement therapy (available to eligible callers while supplies last.)
- Counseling and materials in English, Spanish and Haitian Creole; translation services for all other languages and TDD service for the hearing-impaired.

### 3 FREE AND EASY WAYS TO QUIT

Free nicotine replacement therapy (NRT) is available while supplies last and if medically appropriate. The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week. You can choose what works best for you.



Talk to a Quit Coach® who can help you quit tobacco.

**1-877-U-CAN-NOW**

1-877-822-6669

TTY/TDD 1-877-777-6534



Online help quitting tobacco is only a few clicks away.

**[tobaccofreeflorida.com/webcoach](http://tobaccofreeflorida.com/webcoach)**



Looking for local face-to-face help? Find classes near you.

**[tobaccofreeflorida.com/ahc](http://tobaccofreeflorida.com/ahc)**

**1-877-848-6696**

For more information and tips, visit [tobaccofreeflorida.com](http://tobaccofreeflorida.com)



# QUIT TOBACCO TODAY





Talk to a Quit Coach® who can help you quit tobacco.

**1-877-U-CAN-NOW**  
1-877-822-6669

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Call the toll-free **Florida Quitline** to speak with a trained and certified Quit Coach® who will help you assess your addiction and help you create a personalized quit plan. You'll receive proactive coaching sessions, self-help materials, and quit aids like NRT while supplies last and if medically appropriate.

Ready to get started?  
Call **1-877-U-CAN-NOW (1-877-822-6669)**



An online program to help you quit tobacco is a click away.

[tobaccofreeflorida.com/webcoach](http://tobaccofreeflorida.com/webcoach)

Many people prefer to quit on their own, but they're looking for a bit more help and guidance to quit smoking. Tobacco Free Florida has an online program called the **Web Coach®** that has proven to work for many people.

This free online program helps you create a personalized web-based quit plan that you follow at your own pace and in private. Motivational and educational e-mails will be sent to you throughout your quit plan. You'll receive NRT while supplies last and if medically appropriate.



Looking for local face-to-face help? Find classes near you

[tobaccofreeflorida.com/ahec](http://tobaccofreeflorida.com/ahec)

If you are looking for face-to-face help in a group setting, Tobacco Free Florida offers free programs through the Florida Area Health Education Centers (AHEC) Network.

**AHEC classes** provide you with support, guidance, and quit aids like NRT, while supplies last and if medically appropriate, to help you become tobacco free. The classes will guide you through the many issues related to tobacco use.

AHEC offers classes in all 67 counties in Florida. Session frequency and length vary by location. Visit [www.ahectobacco.com](http://www.ahectobacco.com) to view upcoming classes or call **1-877-848-6696**.

## Five Tips to Get Started

We know quitting tobacco can be difficult, but it's not impossible. In fact, there are more former smokers in Florida today than current smokers. You can join them!

### 1 Set a Quit Date

Pick a date about two to four weeks away. Be sure to avoid holidays or other occasions that will be hard for you. Most importantly, don't pick tomorrow as your quit day. There are things you need to do to prepare.

### 2 Get Support

Quitting tobacco can be easier with support. Tell friends, family and co-workers about your plan to quit and ask for their support. Also talk with your health care provider, which can increase your chances of quitting tobacco for good.

### 3 Use Medication Correctly

Use nicotine replacement therapies (NRT), medication, or other quit therapies to lessen the urge to smoke and help you quit. Only use products that have been approved by the U.S. Food and Drug Administration (FDA), which are proven safe and effective.

### 4 Learn New Skills

Identify the triggers that lead to your urges and cravings. Then develop new coping mechanisms that replace tobacco like exercise, drinking lots of water and maintaining a healthy diet.

### 5 Prepare for Difficult Situations

Even people who quit successfully sometimes have a slip and use tobacco briefly. In fact, it takes the average person several quit attempts before becoming a former smoker. Don't be ashamed or upset if you find yourself starting off track. Continue to work toward a healthy, tobacco free life.

## Connect With Us Online

For additional support, join our online community on Facebook and follow us on Twitter.

Tobacco Free Florida @tobaccofreefla